



SPINNING SCHEDULE

AUGUST 2026

(SCHEDULE EFFECTIVE 07/26 THROUGH THE END OF AUGUST)

REQUIRED ITEMS FOR SPINNING INCLUDE:
WATER BOTTLE, TOWEL, AND HEAD PHONES
Bikes are available on a first-come, first-serve basis.

*Note that no spinning towels will be available.

DAVIS FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY*
5:30-6:30 AM	JANET				LISA		
8:00-9:00 AM				LISA		STEPHANIE	CHRIS T. *18+ WITH 24/7 MEMBERSHIP
8:30-9:30 AM	MELANIE	SARAH 45 MIN CLASS	MARISA		SARAH 45 MIN CLASS		
4:45-5:30 PM	STEPHANIE						
5:00-5:45 PM		RACHEL					
6:00-6:45 PM			MARLENE				
6:30-7:30 PM				MARY JO/ RACHEL			

*SUNDAY 8AM SPINNING CLASS IS FOR MEMBERS 18+ WHO HAVE SIGNED A WAIVER IN ADVANCE FOR 24/7 ACCESS

CENTRAL YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 AM		JOHN		JOHN		
8:00-9:00 AM	CANDACE					MARLENE
8:30-9:30 AM		LISA 50 MIN CLASS		SANDY	MELANIE 45 MIN CLASS	
4:30-5:15 PM		SANDY		LYNN		
5:30-6:30 PM	CHRIS		PAMMY			